For Immediate Release

Friday, September 22, 2000

LEARN HOW TO HIKE FROM THE EXPERTS

The Monroe County Parks Department presents "How to Prepare for a Walk in the Woods" on Wednesday, September 27, 2000 from 7:00 p.m. to 8:30 p.m. at Black Creek Park's Woodside Lodge.

The experts from Eastern Mountain Sports and a local fitness specialist will provide information on what to wear, what to pack, and how to get in shape. These tips will be put to the test on a night nature walk to the pond.

Adults and youth ages 14 and up are welcome to attend. The fee is \$2.00 for individuals and \$6.00 for families. Black Creek Park is located in the Town of Chili, off Union Street, one mile from Route 490.

For registration and information, call 334-3780.

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For further information, call: Communications & Special Events at 428-2380 Visit us on the web: www.co.monroe.ny.us